

Protect Your Family from Lead in Your Yard

Spring, 2010

Eating or swallowing soil that contains lead is a common way of getting lead into your body. Children get lead in their bodies when they put their hands, toys or other items covered with lead dust in their mouths. When lead gets into your body, it may cause health problems.

To lower the amount of lead that gets into your body from soil, follow these simple steps:

- ☒ Do not let children play in dirt that contains high amounts of lead.
 - ▮ Have children play on grass or in areas covered with lead-free mulch, wood chips or sand.
 - ▮ Keep children from playing in bare dirt.
 - ▮ Cover bare dirt with grass, bushes or 4 to 6 inches of lead-free wood chips, mulch, soil or sand.
- ☒ Protect your family from lead-based paint in the yard.
 - ▮ Keep your family, especially young children, away from areas in the yard where paint is peeling or chipping, such as from old porches, fences, or houses.
 - ▮ Do not try to remove lead paint yourself unless you have been trained to follow lead-safe work practices. Hire a professional lead specialist who follows lead-safe work practices.
 - ▮ If you paint over lead-based paint, use special paint that will seal in the old paint.
- ☒ Keep children's hands and toys clean.
 - ▮ Wash children's hands before they eat any food if they have been playing outside.
 - ▮ When eating outdoors, always eat in an area where there is no bare soil.
 - ▮ Do not let your children put toys, dirty hands, paint chips, or other things that might have lead dust on them into their mouths

USS Lead Site East Chicago, IN

For further information
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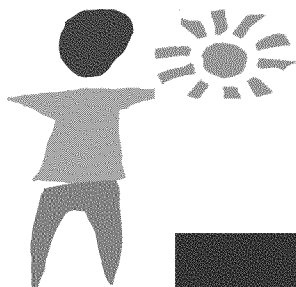
Get your child tested for lead poisoning today!

Most lead poisoned children do not act or look sick.

The only way to know if your child has lead poisoning is to have a blood lead test.

Children 6 years and younger are more likely to have lead poisoning.

Call your doctor or clinic today to get your child tested.



Gardening in Lead-Contaminated Soil

Spring, 2010

If you eat vegetables grown in soil that contain lead, lead can get into your body. This may cause health problems. To lower the amount of lead that gets into your body when you eat vegetables grown in your garden, follow these simple steps:



Clean vegetables well before cooking or eating.

- Throw away old and outer leaves of vegetables.
- Wash all vegetables with cold water. Scrub vegetables with a brush to help remove dirt. Rinse vegetables well before eating.
- Scrub and peel root crops such as carrots, potatoes, turnips, and onions before eating them.



Avoid planting root crops in contaminated soils or grow vegetables in raised beds or containers.

- Grow crops such as tomatoes, peppers, squash, cucumbers, peas, beans, or corn. They are less likely to absorb lead.
- Grow leafy vegetables such as lettuce and root crops (carrots, potatoes) in containers or raised beds filled with lead-free soil. You can purchase leadfree soil from nurseries or garden stores.



Do...

- add peat moss, compost, or manure to your soil. These bind the lead in soil so that vegetables absorb less lead.
- keep soil pH at 6.5 or higher so that plants will absorb less lead.
- cover all bare soil in the garden with 2 to 4 inches of lead-free mulch such as wood chips, grass clippings, lead-free soil, or compost.



Do not...

- grow vegetables in the drip zone and around the foundation of older buildings.
- grow root crops and low-growing leafy vegetables in soil that contains more than 1,000 parts per million of lead.
- garden in soil that contains more than 1,500 parts per million of lead.

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